



# ANTIWASTE GUIDE

Tips and tricks to reduce food waste,  
and save money too

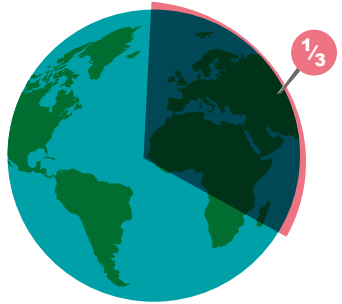


# FOOD WASTE

Food waste has a major impact on the environment with significant consequences on climate, water, land and biodiversity.

## GLOBALLY

**1/3** of the world's food production is lost or wasted.



If food waste were a country, it would be the **3rd largest emitter of GHG** after China and the United States.

Source : FAO (2014)

## AND AT HOME?

**47%** of food waste is done by citizens at home.

**1 100\$**

lost per household per year in food waste



**63%** of the food thrown away by Canadian households could have been consumed, an avoidable loss!

The most commonly discarded foods are fruits and vegetables (45%), table scraps (13%), bread and baked goods (9%), and dairy products and eggs (7%).

# HOW DO WE TAKE ACTION?

Eliminate food waste from your fridge with small, simple and meaningful actions.

## PLAN AHEAD



- Keep a list of what's in your fridge handy and use it when shopping.
- Plan your menu for the week but leave room for «empty-fridge» meals.
- Buy in bulk when possible.
- Evaluate specials based on your needs. For example, plan recipes based on the specials and stick to your ingredient list.
- Ask your grocer if it's possible to adjust the portion size of an over-the-counter purchase.
- Be more flexible in your selection criteria. Don't be afraid to buy oddly shaped vegetables or to substitute one food for another.



## CONSERVE

- Organize your fridge using the «first in, first out» rule.
- Write the date on the package as soon as you open a product.
- Freeze your leftovers in small, easy-to-thaw sizes.
- Demystify best before dates! «Best before» does not always mean «bad after».

Visit the resources section of our website for more information!



## COOK

- Prepare your food. Washing salad or cutting your vegetables in advance will make them easier to eat.
- Learn how to cook leaves or tops of vegetables, they are delicious and full of vitamins.
- Use stale vegetables or neglected food parts to make a yummy broth or soup.
- Get creative and give your leftovers a second life!



## GIVE

- Share your surplus food with your colleagues by dedicating a portion of the office fridge to food to be shared.
- Donate your surplus to the needy thanks to the many organizations that collect food.

## COMPOST

- Compost your table scraps and avoid throwing your food scraps in the garbage because their decomposition generates methane, one of the greenhouse gases that cause global warming.
- Note that composting is the last resort to use, as it is not the solution to food waste.



### RESOURCES

- ♥ [earthday.ca/blog](https://earthday.ca/blog)
- 📘 [facebook.com/groups/Avosfrigos](https://facebook.com/groups/Avosfrigos)
- 📄 [earthday.ca/food-fight/#resources](https://earthday.ca/food-fight/#resources)
- 🌐 [iga.net/avosfrigos](https://iga.net/avosfrigos)
- 🌱 [lovefoodhatewaste.ca](https://lovefoodhatewaste.ca)

# MEMORY AID

## WHERE DOES THIS GO?

The temperature in your refrigerator varies in each section. It is therefore important to store food accordingly.

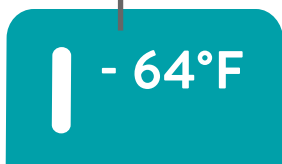
### FREEZER

The ideal solution to avoid throwing away! Damaged vegetables, leftover dishes, bread... Think of freezing in small portions to keep your food for up to a year.

### TOP

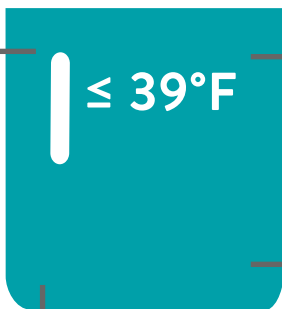
The coldest area is often where the ventilation is.

Store more perishable items such as meats, fish, table scraps or ready-to-eat meals here.



### MIDDLE

Place fresh fruit juices, eggs, deli meats, cheeses, milk and yogurts in this section.



### BOTTOM DRAWERS

A place dedicated to fruits, vegetables and fine herbs.

### DOOR

The area that experiences the most temperature variation. Place jams, butter, maple syrup, and condiments there.



### TRICKS

- Use clear containers.
- Label and date your food.
- Keep your fridge clean and tidy.
- Rotate your food: first in, first out!
- Create an «eat me fast» section

# WHAT IS *FOOD FIGHT*?



*Food Fight* offers **free workshops** to equip citizens to fight against food waste, with simple and practical advice, throughout Quebec and New Brunswick.

**14 000 people**

have been educated on the fight against food waste since 2015, thanks to the Food Fight program powered by the Fonds Éco IGA.

## CONFERENCES

An Earth Day food waste expert will come to your workplace to give a free talk during the lunch hour.

For the evenings, public workshops are held in municipalities, community centres and libraries. At the moment, educational workshops are only provided in French.

The talks are given online as well.

Discover and share anti-waste tips and tricks!



REGISTRATIONS AT [EARTHDAY.CA/FOOD-FIGHT](https://earthday.ca/food-fight)

### ABOUT THE FONDS ÉCO IGA

The Fonds Éco IGA was founded in 2008 by Quebec's IGA stores, which are contributing their 12th million dollars this year. Operated by Earth Day, the fund has financed nearly 3,000 sustainable projects in communities across Quebec and New Brunswick.

Thanks to this fund, anti-food waste training is offered to IGA employees. Citizens will be able to benefit from the advice of the Food Fight ambassadors directly in the aisles of their grocery store.

[iga.net/fondsecoiga](https://iga.net/fondsecoiga)